

Meals on Wheels San Diego County

Fresh Vegetarian Menu

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Menu Subject to Change			<i>New!</i> Aztec Couscous Salad Salad Greens Carrot Slaw Whole Wheat Roll Fresh Fruit Balsamic Vinaigrette Dressing	<i>New!</i> Venetian Pasta Salad over Greens Cucumber and Tomato Salad Saltine Crackers Fresh Fruit	Egg Salad Brioche Roll Lettuce, Tomatoes, & Onion Lemon Dijon Carrot Salad Fresh Fruit	Vegetarian Black Bean Burger Swiss Cheese Let/Tom/Onion Coleslaw Rye Bread Fresh Fruit Spicy Brown Mustard
Hummus Lentil Mediterranean Salad Naan Bread Dippers Fruit	Chef Salad with Tofu with Ranch Dressing Chickpea Salad Whole Grain Crackers Fruit	Deviled Egg Salad on Whole Wheat Bread Cucumbers w/Creole Dressing Fruit	Cranberry Pecan White Bean Salad Coleslaw Whole Grain Corn Muffin Fruit	Mediterranean Tofu Quinoa Bowl* *Tofu, Cilantro Lime Quinoa, Arugula, Grape Tomatoes, Kalamata Olives, Cucumbers, Hummus, Tahini Dressing, Feta, and Greek Yogurt Raisins	Black Bean Patty on Whole Grain Bun Lettuce/Tomato/Onion Carrot Raisin Salad Fruit Mayo & Mustard	Greek Chickpea Salad with Balsamic Vinegarett Naan Bread Dippers Mandarin Beets w/Citrus Dressing Fruit
<i>New!</i> Southwest Black Bean Wrap Fruit	Tofu & Pineapple Farro Bowl* *Tofu, Farro, Baby Spinach, Shredded Red Cabbage, Pico de Gallo, Pineapple Salsa, and Vinaigrette Fruit	Black Bean Patty on Whole Wheat Bread Lettuce/Tomato/Onion Italian Cucumber Salad Fruit Mayo & Mustard	Hummus w/Whole Grain Crackers Beet & Onion Salad Fruit	Cranberry Pecan White Bean Salad on Brioche Roll Tuscany Vegetable Salad Fruit	Egg Salad <i>New!</i> On Whole Grain Bagel Bayou Coleslaw Fruit	Lemon Pepper Chickpea Salad Whole Grain Pita Copper Penny Salad Fruit
Garden Salad (Beans) w/Cranberry and Almonds with Balsamic Vinaigrette Mandarin Beets w/Citrus Dressing Whole Grain Corn Muffin Fruit Fortune Cookie	Mashed Chickpea Salad on Whole Grain Bun Pineapple Slaw Raisins	<i>New!</i> Hummus and Feta Whole Grain Pita Honey Lime Corn Salad Fruit	Chickpea Salad Blueberry Muffin Coleslaw Fruit	Black Bean Taco Salad* *Black Beans, Cheddar Cheese, Tomato, Romaine Lettuce, Taco Sauce, and Sour Cream Whole Grain Tortilla Chips Fruit	Deviled Egg Salad on Whole Wheat Bread Carrot Raisin Salad Fruit	Black Bean Patty on Whole Grain Bun Lettuce/Tomato/Onion Marinated Green Bean & Tomato Salad Fruit Mayo & Mustard
Harvest Tofu Bowl* *Tofu, Seasoned Grilled Butternut Squash, Brown Rice, Kale Salad, and a Sweet Honey-Fruit	French Bistro Bean Salad* *Northern Beans, Red Onion, Parslev, Corn, and a French Venetian Pasta Salad Whole Grain Breadstick Fruit	Black Bean Baja Salad Whole Grain Tortilla Chips Fruit	Pasta Salad with Beans Tossed Salad Fruit	Egg Salad on Whole Wheat Bread Potato Salad Fruit	Greek Chickpea Salad with Balsamic Vinegarett Italian Cucumber Salad Rye Bread Fruit	